

Whitnall School District Elementary School

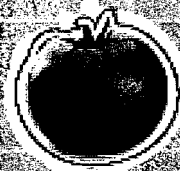
Lunch Menu

St. John's Lutheran

Featuring 2 Entree Choices Daily

One Daily Rotating Entree and a Daily Sandwich Offering

Monday: Italian Sub Tuesday: Ham/Cheese Sub Wednesday: Peanut Butter & Jelly
Thursday: Turkey/Cheese Sub Friday: Tuna Salad Wrap



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Toasted Ham ^P & Cheese Sandwich on Wheat Tomato Soup Steamed Broccoli Mandarin Oranges	2 Deli Turkey Wrap 1 oz Pretzels or Doritos Celery Sticks Sliced Canned Peaches 1 oz Cookie Treat	3 Cheese Pizza Sticks w/ Marinara Sauce Warm Broccoli & Cauliflower Sliced Pears Rosy Applesauce	4 Italian Meat Sauce over Spaghetti w/ Garlic Bread Stick Popeye Salad w/ Dressing Sliced Canned Peaches Fresh Banana Half	5 National Wear Red Day Chicken Nuggets Mashed Potatoes w/ Gravy Fresh Broccoli w/ Dressing Mixed Canned Fruit
8 Mini Corn Dog Baked Beans Carrot Sticks Fresh Red Apple Half	9 Hamburger or Cheese-burger on a Wheat Bun Au Gratin Potatoes Coleslaw Fruit Cocktail	10 Mock Chicken ^P Legs Mashed Potatoes/Gravy Steamed Green Beans Sliced Canned Peaches	11 French Toast Sticks w/ Syrup and Hot Sliced Ham Tri-tator Hash Brown Orange Juice Cup Applesauce	12 Beef Taco w/ Soft or Hard Shell and Shredded Cheese Spanish Style Rice Shredded Lettuce & Diced Tomatoes Mandarin Oranges
15 Presidents' Day Whole Baked Potato w/ Diced Ham & Shredded Cheese Steamed Broccoli Applesauce Fresh Orange Half Dinner Roll	16 Chicken Burrito Warm Black Beans with Cheese Carrot Sticks Pineapple Tidbits	17 Cheese Pizza Steamed Green Beans Carrot Sticks Warm Cinnamon Apple Slices	18 Sloppy Joe on a Wheat Bun Steamed Carrots Applesauce Canned Pears	19 Cheese Quesadilla Refried Beans Steamed Corn Mixed Fruit
22 Peanut Butter and Jelly Fresh Apple Half Baby Carrots Cookie Treat	23 Chicken Patty on a Bun Baked Potato Wedges Applesauce Canned Peaches	24 Chicken Noodle Casserole Steamed Green Peas Sliced Pears Mandarin Oranges *February Birthday Cake*	25 National Chili Day Beef Chili over Macaroni w/ Shredded Cheese Celery Sticks Fresh Banana Half	26 Fish Sandwich on a Bun Baked Tator Tots Coleslaw Applesauce
				

FOOD FOR THOUGHT

TOMATOES ARE A THOUGHTFUL CHOICE! They are full of vitamins and antioxidants. They are also a great source of lycopene, a powerful antioxidant that may help reduce the risk of heart disease and certain types of cancer. They are also a great source of potassium, which helps regulate blood pressure. So, next time you're at the grocery store, don't forget to pick up some tomatoes. They're a small, but mighty, addition to your diet.